



Diane Sardanopoli, MA, MPS, LPC · Licensed Professional Counselor / Certified Grief Recovery Specialist

A Pathway Through Loss – *A Grief Care Seminar Series*

SESSION 3

Navigate Grief During the Holidays

- 1 Recap the beliefs covered in the first two seminars and examine two other myths
- 2 Discuss the importance of releasing unrealistic expectations during the holidays
- 3 Emphasize the importance of relying on the Holy Spirit as one's present Comforter
- 4 Review various biblical, physical, emotional, and mental self-care strategies
- 5 **Action Step:** Invite participants to develop a tailored self-care plan
- 6 Explore questions designed to effectively navigate grief during the holidays
- 7 Share Christ-centered and practical ways to honor their loss and/or loved one
- 8 Help grievers identify their true desires for the holidays
- 9 Q&A and time of sharing from participants (about 10–15 minutes)
- 10 Prayer for God's nearness, comfort, grace, and wisdom during the holidays



ABOUT DIANE

Diane Sardanopoli is the Founder of Streams of Living Water, LLC, a center specializing in therapy, consultation, grief coaching, and speaking engagements. For over two decades, Diane has provided therapeutic services to women and young children ages 3 to 11. She treats a wide range of mental health concerns, including anxiety, depression, unresolved grief, and trauma. A seasoned Christian counselor and gifted speaker, Diane has a deep passion to help others experience God's love, hope, deep healing, and freedom in Christ. She designed a four-part seminar series. Her seminars educate individuals on the impact of loss and help them to navigate the path forward to begin to experience healing after loss. Diane also leads grief recovery groups to equip individuals to process the myriad emotions connected with loss and heal from significant losses. Diane is creating a resource to equip parents and all caregivers to help children, ages 7–11, grieve.

To register for a group or seminar, or to book a one-on-one session, email Diane at dsardanopoli@gmail.com